

Field Trip Lunches: Menus and Information

Field trip lunches are prepared at the Production Center & picked up by a district or charter bus from the Production Center. For city bus, walking and Getty bus field trips, lunches will be delivered to the school cafeteria prior to the field trip. Field trip lunches must be ordered **two weeks** prior to the field trip, by the teacher, on the Request for Field Trip Lunches form (BD-919). Please refer to this form for instructions on how to order field trip lunches. For requests that do not meet the two-week lead time, contact the cafeteria supervisor to see if an accommodation may be made. All information regarding student allergies and/or special diet needs must be included on Request for Field Trip Lunches form, please contact a Child Nutrition Specialist at 562-427-7923, ext. 234, 251 or 247 if you have any questions about student allergies or special diets. Meals for teachers, adult chaperones and bus drivers must be purchased at the *current adult meal price*.



Field trip menus are listed below. The Field Trip Lunch will be sent for all field trips taken on a district, charter or Getty bus. The Shelf Stable Field Trip Lunch will be sent for all walking and city bus field trips. Nutrient information can be found on page 2 of this document.

Field Trip Lunch: For Field Trips Taken on a District, Charter or Getty Bus

Turkey Ham & Cheese Sandwich
Whole Apple or Apple Slices
Juice
Milk
Assorted Vegetables, 2 Packages (see page 2 for list of vegetables)
Ranch Dressing, 2 Packets
Whole Grain Chocolate Chip Cookie



Shelf Stable Field Trip Lunch: For Walking Field Trips & Field Trips Taken on a City Bus

Peanut Butter & Jelly Sandwich (SunButter sandwich for students with peanut allergies)
Pretzel Cracker (for elementary school students only)
Whole Apple
Dried Fruit (for combo, middle and high school students only)
Roasted Chickpeas, 2 Packages
Milk, Aseptic Package
Whole Grain Chocolate Chip Cookie



Please contact a Child Nutrition Specialist at 562-427-7923, ext. 234, 251 or 247 if you have any questions regarding field trip meals for students with allergies or special dietary needs.

Nutrient Information: District, Charter or Getty Bus Field Trip								
Menu Item	Portion Size	Carbohydrate (g)	Calories	Sodium (mg)	Dietary Fiber (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)
Turkey Ham & Cheese Sandwich	1 Each	30	261	824	2	21.5	8.5	3.5
Whole Apple	1 Each	20	77	0	3.5	0	.5	0
Apple Slices	1 Package	8	34	0	2	0	0	0
Carrots	1 Package	8	35	65	2	1	0	0
Broccoli	1 Package	3	15	15	1	1	0	0
Jicama Sticks	1 Package	7	30	3	3.5	.5	0	0
Celery	1 Package	2	10	52	1	.5	0	0
Ranch Dressing	2 Packets	2	120	200	0	0	14	2
Cookie	1 Each	16.5	118	107	.5	1.5	5	1.5
Orange Juice	4 Ounces	14	60	10	0	1	0	0
Apple Juice	4 Ounces	14	60	0	0	0	0	0
Wild Berry Juice	4 Ounces	15	60	10	0	0	0	0
Milk, White, 1%	8 Ounces	16	120	160	0	11	2.5	1.5
Milk, Choc, NF	8 Ounces	23	120	200	0	7	0	0

Nutrient Information: City Bus or Walking Field Trip								
Menu Item	Portion Size	Carbohydrate (g)	Calories	Sodium (mg)	Dietary Fiber (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)
PB & J Sandwich (Elementary Schools)	1 Each	32	320	320	3	10	17	3.5
PB & J Sandwich (Combo, Middle & High Schools)	1 Each	64	630	630	6	19	33	7
SunButter Sandwich	1 Each	44	537	452	9.5	16.5	32.5	3.5
Pretzel Crackers (Elementary Schools)	1 Pkg	16	90	200	1	2	1.5	0
Whole Apple	1 Each	20	77	0	3.5	0	.5	0
Dried Fruit (Combo, Middle & High Schools)	1 Package	30	120	25	2	1	0	0
Roasted Chickpeas	2 Packages	48	320	720	12	16	8	0
Cookie	1 Each	16.5	118	107	.5	1.5	5	1.5
Milk, 1 %, White, Aseptic	8 Ounces	12	100	120	0.5	8	2.5	2.5
Milk, NF Choc, Aseptic	8 Ounces	27	140	260	0	8	0	0